



Emergency Contraception

It is not too late to prevent pregnancy

Information for Patients about Plan B

WHAT IS EMERGENCY CONTRACEPTION?

Emergency contraception (EC) is taken **AFTER** sex to prevent pregnancy. Plan B is the most common method of EC. Plan B is **NOT** the same as the abortion pill and does not work if you are already pregnant. See the booklet that comes with Plan B for more information about this medication.

YOU CAN USE PLAN B IF:

- You did not use birth control.
- You think your birth control method didn't work such as:
 - ❖ the condom broke or slipped off,
 - ❖ you forgot two (2) or more birth control pills in a row,
 - ❖ you were late getting your birth control shot, or
 - ❖ your partner did not pull out in time.



THE BEST TIME TO TAKE PLAN B One-Step™

- Plan B One-Step™ is a single pill.
- Take this pill as soon as possible **AFTER** sex.
- It can be taken up to 120 hours (5 days) after sex.

HOW DOES PLAN B WORK?

- It is thought that Plan B works by:
 - ❖ preventing the egg from being released in the woman's body, or
 - ❖ stopping the sperm from meeting the egg, or
 - ❖ preventing the fertilized egg from implanting (attaching to the uterus).
- Plan B will not cause an abortion.

WHAT TO EXPECT AFTER TAKING PLAN B

- Less than a quarter of women who take **Plan B** feel sick to the stomach. Very few of them may actually vomit:
 - If you vomit more than one hour after taking the pills, do not worry. The medication is already in your system.
- Headaches, dizziness, tiredness and breast tenderness are less common and last only a day or two.
- Irregular bleeding or spotting can also occur; the next period may be either early or late.
- If your period is more than one week late or it is lighter than usual, take a pregnancy test.

HOW WELL DOES PLAN B WORK?

Plan B reduces the chance of getting pregnant after sex but it is not 100% effective. The sooner it is taken after unprotected sex, the better it works to prevent a pregnancy from occurring.

- If Plan B is taken within 24 hours of unprotected sex, **Plan B** prevents about 95% of pregnancies.
- If Plan B is taken within 120 hours of unprotected sex, **Plan B** prevents about 60% of pregnancies.
- If Plan B does not work and you do become pregnant or if you were already pregnant when you took Plan B, it will **not** harm the baby.

CAN I GET PREGNANT IN THE FUTURE IF I USE PLAN B TODAY?

- EC does not prevent pregnancy from happening in the future, even in this month. You need to use birth control EVERY TIME you have sex, even AFTER taking EC.
- Accidents do happen. It is safe to take EC again if you need it, even in this cycle.

WHERE CAN I GET PLAN B ONE-STEP™?

There are many different ways to get Plan B One-Step™ - even without seeing a doctor.

- Family planning clinics, OBGYNs, family doctors –. Call 1-800-942-1054 for a referral and to find out if you are eligible for free treatment under Family PACT.
- STD clinics – most are FREE
- Planned Parenthood – low cost or free: 1-800-576-5544 or www.pplosangeles.org.
- A local pharmacy: cost will range from \$30-50 without a prescription
 - If you are age 17 or over, you can get Plan B One-Step™ without a prescription just by asking for it at the pharmacy and showing proof of your age.
 - If you are under age 17 or don't have proof of age, you can get EC from some pharmacies. Call 1-800-521-5211 or visit www.ec-help.org to find out which pharmacies provide this service.



For advice and help obtaining EC from a provider, clinic or pharmacy near you, call the California EC Hotline (800) 521-5211 or visit www.not-2-late.com

PLAN B IS FOR EMERGENCY USE ONLY

Plan B is not for use as a routine birth control method. If you are having sex regularly, you need to use a regular birth control method (the pill, condom, the shot, etc) for every time you have sex. You can also ask for a prescription or package of Plan B to keep at home just in case of emergency. To find the Planned Parenthood clinic nearest you, call 1-800-576-5544 or visit www.pplosangeles.org. You can find other state funded family planning services by calling Family PACT at 1-800-942-1054.

WHEN TO SEE A HEALTH PROVIDER

If you vomit within an hour of taking Plan B, or if you see the pills in your vomit, you may need another dose of medicine.

PLAN B DOES NOT PREVENT STDs AND HIV/AIDS

Women having unprotected sex may be at risk of STDs and HIV/AIDS as well as pregnancy.